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Bahir Dar Institute of Technology

Faculty of Mechanical and Industrial Engineering
Industrial Design and Management Science

Seminar presentation

Title: Effect of Time Management on Academic Performance

We try to do the most important things first and fast. We struggle with procrastinating things which is in a must to do list. And we end up with feelings of anxiety, worry and stress. These indicate that today’s time management is no longer logical.

Procrastination on purpose is a game changer by allowing our attention to say yes to the must things and simultaneously no to infinite number of others even when we feel we should do it.

Today’s time management is solved by giving the emotional permission to spend time on things today which creates more free time tomorrow. 5 permissions to multiply time: Eliminate, automate, delegate, procrastination on purpose and concentrate.

“Both successful and unsuccessful pay a price. The difference is that successful pay now whereas unsuccessful pay with compounding interest later.” Rory Vaden